

When I Am Overwhelmed

Message 03 of 05 in the series, "Recommended Playlist"

"I cry out to the Lord; I plead for the Lord's mercy. I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me. I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one care a bit what happens to me. Then I pray to you, O Lord. I say, 'You are my place of refuge. You are all I really want in life. Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. Bring me out of prison so I can thank you. The goldy will crowd around me, for you are good to me.'" Psalm 142 (NLT)

A. No one is immune from being overwhelmed.

"When I am overwhelmed..." Psalm 142:3 (NLT)

"He took Peter, James, and John with him, and he became deeply troubled and distressed. He told them, 'My soul is crushed with grief to the point of death. Stay here and keep watch with me.'" Mark 14:33-34 (NLT)

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." John 16:33 (NLT)

B. Being overwhelmed can be a time of despair or a glorious opportunity.

"...No, it happened for the glory of God so that the Son of God will receive glory from this. ...Didn't I tell you that you would see God's glory if you believe?" John 11:4, 40 (NLT)

1. When we are overwhelmed, we feel uncertain and alone.

"When I am overwhelmed, you alone know the way I should turn. Wherever I go, my enemies have set traps for me." Psalm 142:3 (NLT)

"I look for someone to come and help me, but no one gives me a passing thought! No one will help me; no one cares a bit what happens to me." Psalm 142:4 (NLT)

2. Faith enables us to know God's presence and to be confident.

"Then I pray to you, O Lord. I say, 'You are my place of refuge. You are all I really want in life.'" Psalm 142:5 (NLT)

"Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. Bring me out of prison so I can thank you. The goldy will crowd around me, for you are good to me." Psalm 142:6-7 (NLT)

"Your road led through the Red Sea, your pathway through the mighty waters- a pathway no one knew was there!" Psalm 77:19 (NLT)

C. David shows us that prayer is the solution to being overwhelmed.

1. We are to cry out and pour out our complaints and troubles to God.

"I cry out to the Lord; I plead for the Lord's mercy. I pour out my complaints before him and tell him all my troubles." Psalm 142:1-2 (NLT)

Note: We can complain *to* God, but we should be careful to never complain *about* God.

2. We are to align with God and persevere in prayer.

"From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me. Let me live forever in your sanctuary, safe beneath the shelter of your wings!" Psalm 61:2-4 (NLT)

"You faithfully answer our prayers with awesome deeds, O God our savior. You are the hope of everyone on earth..." Psalm 65:5 (NLT)

“Most of us have much trouble praying when we are in little trouble, but little trouble praying when we are in much trouble.” Nicky Gumbel

“To be human is to suffer. No one gets an exemption.” Eugene Peterson

CONNECT GROUP QUESTIONS:

1. Share an experience in your life where you felt absolutely overwhelmed. What happened? How did you respond?
2. Read 1 Samuel 24. What would you have advised David to do if you had been with him in the cave? Why didn't David kill Saul when he had the chance?
3. Read Psalm 142. What phrases stand out to you in David's prayer?
4. Read Mark 14:32-41. How does it make you feel to know that Jesus felt overwhelmed the night before He was crucified? What did He do about it? How did His disciples respond?
5. Read Psalm 61. Why do you think David trusted God to answer his prayers? What keeps us from praying more than we do?
6. What's the difference between complaining to God and complaining about God? (See Psalm 142:1-2)
7. Ask each person to share a personal prayer request and then spend some time praying for each other.